

Senior Center
of Leesburg
102 North Street NW
Leesburg, VA 20176

703-737-8039

www.loudoun.gov/seniors-leesburg

Part of the Area Agency on
Aging a Division of



Center Hours:
Mon./Wed./Thurs./Fri.
9:00am-5:00pm

Tuesdays
9:00am-8:00pm

Saturdays/Sundays
CLOSED
(Available for Rental)

The Center is Closed on
Monday, May 28, 2018
In observance of
County Holiday.

Staff:
Manager:
Casmera Lebron
703-737-8005

Assistant Manager:
Cheryl Wheeler
703-771-5156

Café Supervisor:
Jackie Mayne
703-737-8040

Activity Coordinator:
Sue Depoy
703-771-5675

Customer Service:
Jennifer East
703-777-0358

Vehicle Operator:
Diane Simmons
703-771-5014

Vehicle Operator:
Dave Keyes
571-258-3437

HDM Coordinator:
Debra Mobley
703-771-5012

HDM Program Assistant:
Erica Dodson
703-737-8034

CENTER NEWS

THE SENIOR CENTER OF LEESBURG

MAY 2018 Edition



7th Annual May Dance "Swing Into Spring"

Friday, May 4th

5:00-7:30 pm

\$7/member

**This event is open to adults
of all ages
(18 and above).**

**Registration Required
327604-02**

Put on your dancing shoes!
Come to our 7th Annual May
Dance and enjoy the Moonlight
Jazz Orchestra. This event is
open to adults ages 18 and over.
Appetizers, finger foods and
refreshments will be served.
Caricaturists on site to draw your
portrait as a keepsake.

Manager's Note (Cassie's Corner)

Hello Everyone!

Happy May!! I want to say Happy Mother's Day to all of the mothers. As a way to show our love and appreciation to the Mom's; please join us for Mother's Day breakfast on May 11th. My youngest son Joshua, will be entering Kindergarten this year. I have mixed emotions about it. I'm excited for him because Kindergarten is a huge milestone. However, I'm sad because it feels like just yesterday I was introducing him to his big brother Gregory. The great thing is he does have his big brother at school to help him get acquainted with his new school.

Our satisfaction survey will be out this month. We welcome your feedback, and any suggestions you may have. As we continue to grow, we will try to add new and exciting programs for your enjoyment. Please be aware, space is limited. If you need space, please talk to the staff so that we can assist you with your needs. However, please be aware that due to the limitation on space; we may not always be able to give you a room on the exact day you are looking for. So please come to us with a couple of options so that we can better accommodate your needs. As always, thank you for being a member at the Senior Center of Leesburg.

Thank you!
Cassie

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."~ Lao Tzu

SENIOR MOMENTS.....

All Senior Center of Leesburg Members who are highlighted in each of our newsletters have been nominated for submission. Please submit any nomination you may have for recognition in our Member Highlights to Sue Depoy by the 8th of the month. As always, each and everyone of you are what makes the Senior Center of Leesburg such a wonderful place to be!



Hearing Help with Debbie Jones
Monday, May 14th, 2018
10:00am-Noon

Debbie will answer questions, share information and display devices to assist those who are deaf or hard of hearing. The Northern Virginia Resource Center.

HIKING CAMP for SENIORS May 14 -17, 2018 at



All along the way we will stop to smell the flowers, listen to the birds, inspect the insects, observe the critters, and just enjoy the natural beauty of the outdoors. The 3 ½ days will be fun, exciting, and stimulating for all."

HIKE AND LEARN "This camp is for folks who are looking to stretch their legs and who want to delve into learning the far reaches of Banshee Reeks Nature Preserve. The plan is to explore as many of the different habitats on site. The hiking will not be all flat, as we

**\$100.00/ person,
receive
Hiking Stick
with
Banshee Reeks
medallion**

Campers **MUST** wear proper outdoor clothes including closed toe high ankle boots. Check your receipt for additional equipment items.



Time Schedule and Meals

May 14th (10:00-12:30pm) Orientation
May 15th (9:00am-3:00pm) Box Lunch in your pack
May 16th (9:00am-3:00pm) Box Lunch in your pack
May 17th (2:00-8:00pm) Barbeque Dinner

RECTRAC #346635-01
Registration begins April 2, 2018



ADA—Loudoun County Parks, Recreation and Community Services is committed to complying with the American Disabilities Act (ADA). If you need reasonable accommodations in order to participate, call the appropriate Center/ Program Area at least one week prior to the start of the activity.

ADVISORY BOARD NEWS

The Advisory Board is still in the process of electing new officers for next year. There were no nominations from the floor, so the previously published slate of candidates will be voted on in the May meeting. The slate is President, Fred Underwood; Vice President, Lois Powers; Secretary, Phyllis Horton; Assistant Secretary, Tracey Stone; Treasurer, to be Determined; and assistant treasurer, Bill Early. The newly elected officers will assume office on the first of July 2018.

Our St Patrick's Day raffle was a huge success. It brought in \$433.75. We use this money to do things like buy supplies for such things as the Adult Coloring Class. By the way if anyone is interested there is plenty of room to join the class. It is a good relaxing activity for any one.

Every day we all go right past the Sausage Queen at least two times. Did you ever wonder what that piggy bank was doing on the front desk counter? It belongs to the Advisory Board and it is given its' place of prominence in hopes that if you have a few loose coins in your purse or pocket you will put them in the slot so that the board can continue to promote new programs as well as enhance the ones we are already enjoying.



On **Wednesday, April 11th**, The Senior Center of Leesburg celebrated **April birthdays!** A special thank you to the Golden Ukesters and Elvis (Carroll Howard) for the special birthday performance .

Present for the birthday party: Joe Burke, George Hassler, Karen Hayes, Pat Leetch, Diane Matthews, Joanne McNutt, Carol Newman, Florence Opot, Marilyn Overheau, Jographia Pappas, Butch Shetty and Howard True.

APRIL 2018 BIRTHDAYS!!



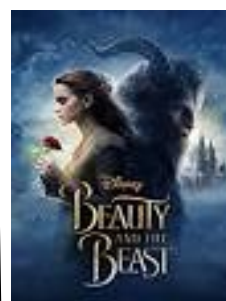
Happy Birthday to all our April birthday month members!



CLASSIC MOVIE MONDAY

"Father of the Bride"

**Monday,
May 7th
12:30 pm
Free**



MOVIE DAY/NIGHT

"Beauty and the Beast"

*A movie you won't
want to miss!*

**5/22/18, Tues., 5:00 PM
5/23/18, Wed., 12:30 PM**



The Senior Center of Leesburg

MAY 2018

Open: Monday, Wed., Thurs., Fri. 9 am-5pm, Tues. 9am-8pm



| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--|--|---|--|--|
| <p>MAY BIRTHDAYS will be celebrated Wednesday, May 9th, 12:30pm ***</p> <p><i>Reserve your lunch and spot at the birthday table by noon Tuesday, May 8th</i> Call 703-737-8039</p> | <p>1 9:00am Texas Hold'em 9:30am Euchre/Mex. Train 10:00am Aerobic Dance Class 11:00am Yoga w/Nargis 11:00am Adult Coloring RR 12 noon Lunch-RR-Donation 12:45pm Ukulele Class RR 1:00pm Party Bridge 1:00pm Bingo w/ Billy 1:00pm Walking Club 1:00pm Writer's Roundtable 1:00 pm Folk Dance Class 2:00pm Woodburning 2:30pm Body & Mind Works 3:45pm Pickleball 4:00pm Dinner Grp Meet-up</p> | <p>2 9:30am Badminton 10:00am Gift Shoppe 10:00am Blood Pressure vs 10:30am Belly Dancing 10:30am Basic Spanish II RR 11:00am Bible Study w/Iris 12-2pm Beg./Int. Line Dance 12noon Lunch Donation RR 12:30pm Mahjongg 12:45pm Shop at Blossom and Bloom 1:00pm Bluebirds Monitor 1:00pm Current Events 1:00pm Pinochle 1:00pm Spanish Practice 2:30pm Pickleball</p> | <p>3 9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Yoga and Laughter 10:30am Pokeno 10:30am Taijiquan 12 noon Lunch-RR-Donation 12:00pm Line Dance w/Vinny 12:30pm Uke Class 1:00pm Advisory Board Mtg 1:00pm E-Comment 2:30pm Pickleball</p> | <p>4 9:00am Ballet 9:00am Stitch'n'B/Crochet 10:00am Gift Shoppe 10:30am Line Dance w/Vinny 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 1:00pm Loud. Bridge Buffs 1:00pm Guitar w/Chuck 1:00pm Folk Dance Class 2:00pm Canasta/Hand&Foot 2:30pm Body & Mind Works 3:45pm Pickleball 5:00pm 7th Annual May Dance RR</p> |
| <p>7 9:00am Stitch'n'B/Crochet 9:30am Badminton 10:00am Gift Shoppe 10:00am O'Heck 10:00am Prayer w/Judy 11:00am Tai-Chi 12 noon Lunch-RR-Donation 12:30pm Classic Movie Monday: Father of the Bride 12:30pm Upstairs Ping Pong 12:30pm Art Studio w/ Carol 12:45pm Wii Bowling 2:30pm Pickleball 2:45pm Art Studio Workshop w/ Irene and Mokhtar</p> | <p>8 9:00am Texas Hold'em 9:30am Quiltmaker's Club 9:30am Euchre/Mex. Train 10:00am Aerobic Dance Class 11:00am Yoga w/Nargis 11:00am Adult Coloring RR 12 noon Lunch-RR-Donation 12:45pm Ukulele Class RR 1:00pm Party Bridge 1:00pm Bid Whist 1:00pm Bingo w/ Billy 1:00pm Writer's Roundtable 1:00 pm Folk Dance Class 1:00pm Walking Club 2:00pm Woodburning 2:30pm Body & Mind Works 3:45pm Hand&Foot/Canasta 5:30pm Silver Swans RR</p> | <p>9 9:30am Badminton 10:00am Gift Shoppe 10:00am Book Club 10:30am Belly Dancing 10:30am Basic Spanish II RR 11:00am Bible Study w/Iris 12-2pm Beg./Int. Line Dance 12noon Lunch Donation RR 12:30pm May Birthdays RR 12:30pm Mahjongg 12:30pm Drawing RR 12:45pm Shop at Marshalls 1:00pm Bluebirds Monitor 1:00pm Current Events 1:00pm Pinochle 1:00pm Spanish Practice 2:30pm Pickleball</p> | <p>10 9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Yoga and Laughter 10:00am History Club 10:30am Pokeno 10:30am Taijiquan 11:00am Guest Speaker: How Reverse Mortgage Works 12 noon Lunch-RR-Donation 12:00pm Line Dance w/Vinny 12:30pm Uke Class 1:00pm E-Comment 2:30pm Pickleball</p> | <p>11 9:00am Mother's Day Breakfast RR 9:00am Ballet 9:00am Stitch'n'B/Crochet 10:00am Gift Shoppe 10:30am Line Dance w/Vinny 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 1:00pm Loud. Bridge Buffs 1:00pm Guitar w/Chuck 1:00pm Folk Dance Class 2:00pm Canasta/Hand&Foot 2:30pm Body & Mind Works 3:45pm Pickleball</p> |
| <p>14 9:15am Free Haircuts 9:00am Stitch'n'B/Crochet 9:30am Investors Discussion 9:30am Badminton 10:00am Gift Shoppe 10:00am O'Heck 10:00am Prayer w/Judy 10:00am Hearing Help 11:00am Tai-Chi 12 noon Lunch-RR-Donation 12:30pm Upstairs Ping Pong 12:30pm Art Studio w/ Carol 12:45pm Wii Bowling 2:30pm Pickleball 2:45pm Art Studio Workshop w/ Irene and Mokhtar</p> | <p>15 9:00am Texas Hold'em 9:30am Quiltmaker's Club 9:30am Euchre/Mex. Train 10:00am Aerobic Dance Class 11:00am Yoga w/Nargis 11:00am Adult Coloring RR 12 noon Lunch-RR-Donation 12:45pm Ukulele Class RR 1:00pm Party Bridge 1:00pm Folk Dance 1:00pm Walking Club 1:00pm Bingo w/ Billy 1:00pm Writer's Roundtable 2:00pm Woodburning 2:30pm Body & Mind Works 3:45pm Pickleball 3:45pm Hand&Foot/Canasta 5:30pm Silver Swans RR</p> | <p>16 9:30am Badminton 10:00am Gift Shoppe 10:30am Belly Dancing 10:30am Basic Spanish II RR 11:00am Bible Study w/Iris 12-2pm Beg./Int. Line Dance 12noon Lunch Donation RR 12:30pm Mahjongg 12:45pm Shop at Wegmans 1:00pm Bluebirds Monitor 1:00pm Current Events 1:00pm Pinochle 1:00pm Spanish Practice 2:30pm Pickleball</p> | <p>17 9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Yoga and Laughter 10:30am Pokeno 10:30am Taijiquan 11:00am Guest Speaker: Choosing the Safest Care 12 noon Lunch-RR-Donation 12:00pm Line Dance w/Vinny 12:30pm Ukulele Class 1:00 E-Comment 2:30pm Pickleball</p> | <p>18 9:00am Ballet 9:00am Stitch'n'B/Crochet 10:00am Gift Shoppe 10:30am Line Dance w/Vinny 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 1:00pm Guitar w/Chuck 1:00pm Loud. Bridge Buffs 1:00pm Folk Dance 2:00pm Canasta/Hand&Foot 2:30pm Body & Mind Works 3:45pm Pickleball</p> |

**May Lunch Bunch
Dutch's Daughter**

**Thursday, May 24th
11:00 AM**



**Cost \$2/transportation
327601-03 own**

**Registration
Required**

***La Nuit Leesburg Dinner Group
Lead by Lynette Harvey
Tuesday, May 1st, 4:00 PM***

Taste of Lebanon



Sign-up in the center Lobby

MONDAY

21

9:00am Stitch'n'B/Crochet
9:30am Badminton
10:00am Gift Shoppe
10:00am O'Heck
10:00am Prayer w/Judy
11:00am Tai-Chi
11:00am Let's Talk
12 noon Lunch-RR-Donation
12:30pm Upstairs Ping Pong
12:30pm Art Studio w/ Carol
12:45pm Wii Bowling
2:30pm Pickleball
2:45pm Art Studio Workshop
w/ Irene and Mokhtar

TUESDAY

22

9:00am Texas Hold'em
9:30am Euchre/Mex. Train
10:00am Aerobic Dance Class
11:00am Yoga w/Nargis
11:00am Adult Coloring RR
12 noon Lunch-RR-Donation
12:45pm Ukulele Class RR
1:00pm Party Bridge
1:00pm Folk Dance
1:00pm Walking Club
1:00pm Bingo w/Billy
1:00pm Writer's Roundtable
2:00pm Woodburning
2:30pm Body & Mind Works
3:45pm Pickleball
3:45pm Hand&Foot/Canasta
**5:00pm Movie Night: Beauty
and the Beast**
5:30pm Silver Swans RR

WEDNESDAY

23

9:30am Badminton
10:00am Gift Shoppe
10:30am Belly Dancing
10:30am Basic Spanish II RR
11:00am Bible Study w/Iris
12-2pm Beg./Int. Line
Dance
12noon Lunch Donation RR
12:30pm Mahjongg
**12:30pm Movie Day: Beau-
ty and the Beast**
12:45pm Shop at Kohls
1:00pm Bluebirds Monitor
1:00pm Current Events
1:00pm Pinochle
1:00pm Spanish Practice
2:30pm Pickleball

THURSDAY

24

9:00am Goose Creek Bridge
9:00am Texas Hold'em
9:30am Yoga and Laughter
10:30am Pokeno
10:30am Taijiquan
**11:00am Lunch Bunch: Duth-
ch's Daughters RR**
12 noon Lunch-RR-Donation
12:00pm Line Dance w/Vinny
12:30pm Ukulele Class
1:00pm E-Comment
2:30pm Pickelball

FRIDAY

25

9:00am Ballet
9:00am Stitch'n'B/Crochet
10:00am Photo Club
10:00am Gift Shoppe
10:30am Line Dance w/Vinny
12 noon Lunch-RR-Donation
12:45pm Bingo with Gail
1:00 Folk Dance
1:00pm Guitar w/Chuck
1:00pm Loud. Bridge Buffs
2:00pm Canasta/Hand&Foot
2:30pm Body & Mind Works
3:45pm Pickleball

28

***Closed in
Observance of
Memorial Day***



29

9:00am Texas Hold'em
9:30am Quiltmaker's Club
9:30am Euchre/Mex. Train
10:00am Aerobic Dance Class
11:00am Yoga w/Nargis
11:00am Adult Coloring RR
12 noon Lunch-RR-Donation
12:45pm Ukulele Class RR
1:00pm Party Bridge
1:00pm Folk Dance
1:00pm Walking Club
1:00pm Bingo w/Billy
1:00pm Writer's Roundtable
2:00pm Woodburning
2:30pm Body & Mind Works
3:45pm Pickleball
3:45pm Hand&Foot/Canasta
5:30pm Silver Swans RR

30

9:30am Badminton
10:00am Gift Shoppe
10:30am Belly Dancing
10:30am Basic Spanish II RR
11:00am Bible Study w/Iris
12-2pm Beg./Int. Line
Dance
12noon Lunch Donation RR
12:30pm Mahjongg
12:45pm Shop at Ross
1:00pm Bluebirds Monitor
1:00pm Current Events
1:00pm Pinochle
1:00pm Spanish Practice
2:30pm Pickleball

31

9:00am Goose Creek Bridge
9:00am Texas Hold'em
9:30am Yoga and Laughter
10:30am Pokeno
10:30am Taijiquan
12 noon Lunch-RR-Donation
12:00pm Line Dance w/Vinny
12:30pm Ukulele Class
1:00pm E-Comment
2:30pm Pickelball



**The Adult
Coloring Class
currently has lim-
ited spots open if
you are interest-
ed, Please sign-
up in the lobby.**



Wanted

If you are interested in helping with special events (i.e. birthdays, dances, tournaments) at The Senior Center of Leesburg, please see Sue Depoy

Let's Talk Circle of Support



3rd Monday
of the Month
Monday, May 21,
2018, 11:00am

Walking Club



Tuesday's,
1:00 PM with
Joanne and
Linda

Sign-up in the Lobby if
you are interested



YOGA
With Nargis
Every
Tuesday
11:00 AM



with
Susan Crandall

**Wednesday,
May 8th, 2018
10:00 AM**



Prayer Group
with Judy

Monday's
10:00 am-12:00 pm



with Iris
Wednesdays,
11:00 am



GUEST SPEAKER
Joseph Howard
Thursday, May 10th
11:00am

Understanding Reverse Mortgage

A Home Equity Conversion Mortgage (HECM), commonly known as a reverse mortgage, is a Federal Housing Administration (FHA) insured loan which enables you to access a portion of your home's equity to obtain tax-free funds without having to make monthly mortgage payments. Joe will explore (in simple terms) how a reverse mortgage works, who is eligible, how much money may be available to borrowers and in what manner they may receive their funds. He will also explain some little known facts about reverse mortgages and how they may help seniors live more comfortably in retirement.

GUEST SPEAKER

Bonnie Elliott
Thursday, May 17th
11:00am.



Choosing the Safest Care Option: Important Factors to Consider

Gather information on safety and social factors to consider when deciding the type of care and the costs. Prepare to prevent the strain on the family by determining ahead what to do when this happens to you.

The Senior Center of Leesburg

Beyond Basics Ukulele Class



**Tuesdays
12:45 PM
Instructors:
Guy & Carolyn**

The Senior Center of Leesburg

Intermediate Ukulele Jam

**Thursdays
12:30-2:00 PM**



**Advanced Uke Class
2:15-3:00 PM
Taught by class members**

Mother's Day Breakfast

Friday, May 11th, 9:00am



CATERED BREAKFAST!

Come celebrate Mother's Day with a great breakfast and friends! Share a story about your mother, children, and/or grandchildren. **Free to Mothers.**

\$5.00/member. #327604-03

Registration deadline is Friday, May 4th, 2018.



ADA—Loudoun County Parks, Recreation and Community Services is committed to complying with the American Disabilities Act (ADA). If you need reasonable accommodations in order to participate, call the appropriate Center/ Program Area at least one week prior to the start of the activity.



Open Art Studio Arts & Crafts Room Every Monday 2:45-4:45 PM

Do you have art projects that you would like to work on? Feel free to utilize the open art studio time to complete your individual projects. Our volunteers, Irene and Mokhtar, will be happy to assist you in any way that they can.

must bring own materials



Blood Pressure Checks

INOVA nurse provides blood pressure checks in the health room.

**Wednesday,
May 2nd, 2018
(10:00am-Noon)**

The Loudoun County Commission on Aging

The Loudoun County Commission on Aging, appointed by the Board of Supervisors, serves as an advisory board to the Loudoun County Area on Aging, the Board of Supervisors and other Loudoun County agencies on matters affecting older residents. The public is invited to the next Commission meeting, **Tuesday, May 8th at 9:30 am at the PRCS Building-Ashburn, 20145 Ashbrook Place, Ste. 170, Ashburn, VA 20147.** For more information call the Area Agency on Aging office, 703-777-0257.

Photography Club



Friday,
May 25th, 2018
10:00 am

With
Don & Pat



FREE HAIRCUTS

with
Amp Nanai & Ken Pratoomdat

Monday,
May 14th, 2018
9:15 am

DRAWING WITH KAREN

Wednesday
May 9th
12:30-1:45pm

Sign up for HELP!

From the
Area Agency on Aging
May 30th, 2018
10am-Noon

30 minute appointments are available. Sign up at the front desk.



CRAFTS LEADER NEEDED

If you are craft minded and would like to lead the crafts activity at our Senior Center please see Cheryl Wheeler.



A Very Special
Thank You

to all our incredible volunteers. Because of all of your dedication and hard work, our center is a great success. Thank you so much for your commitment, time and energy. All of you are such an important part of our center and we wanted you all to know that! We are so happy that you continue to share your many talents with us. For some people, volunteering is about giving, but for all of you it is a way of living!

The Senior Center of Leesburg-June 2018

| | |
|-----------|---|
| June 11th | Classic Movie Monday, "Where the Heat Is", 12:30 pm |
| June 13th | Lunch Birthday Celebration, 12:30 pm |
| June 15th | Father's Day Mini Golf, 11:00 AM |
| June 20th | Shopping Trip to Leesburg Outlets, 11:00 AM - 1:30 PM |
| June 21st | Lunch Bunch, Sweetwater Tavern, 11:00 AM |
| June 25th | Movie Night, "Only the Brave", 5:00 pm |
| June 26th | Movie Day, "Only the Brave", 12:30 pm |

Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act. If you need reasonable accommodations, please make the request to the appropriate program area at least two weeks prior to the program meeting date. TDD 703.771.5352.

The Senior Center of Leesburg
102 North Street NW, Suite B
Leesburg, VA 20176

Label Here

Address Correction Requested

